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METRO CATCHES UP WITH THE SERIES' ONLY ORIGINAL CAST MEMBER AHEAD OF THE SHOW'S ONE-HOUR BIRTHDAY SPECIAL (IS IT REALLY AN HOUR, THOUGH?) **PAGE 14**



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Kane flashes stacks of cash, again

#pushups. Winnipeg
Jets' photo creates
social media storm

ADRIANA
MINGO
winnipeg@metronews.ca

Evander Kane is back flashing his money on social media.

The player for the Winnipeg Jets posted a shirtless photo of himself Monday on his Instagram account, doing push-ups with stacks of cash on his back.

The post, which was simply captioned "#pushups" featured stacks of money — in U.S. bills — on the Canadian-born Kane's back.

Winnipeg Jets spokesperson Scott Brown says Kane's Instagram post doesn't violate the NHL social media guidelines, which allows players to express and be themselves.

Kane first caused controversy on social media in 2012, when he posed with stacks of cash on a Las Vegas balcony.

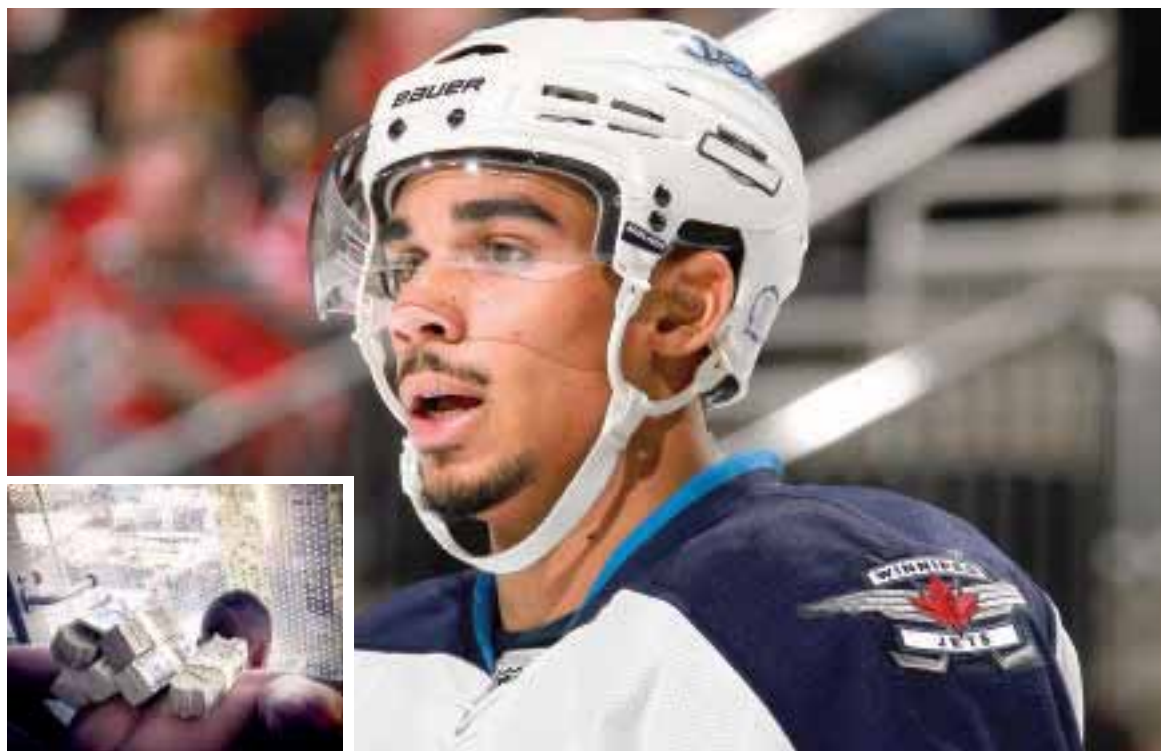
The photo gained thousands of likes on Instagram, but his flashy ways once again left Twitter followers

The Twitterverse reacts

- **@ASimpsonEY:** Impressed that @EKane9JETS used art to let us know how he is struggling under the burden of his large contract.
- **@tjconnorstweets:** If @EKane9JETS squatted \$1-Mil in Gold Bars, I'd be slightly more impressed.
- **@MrSpillz101:** As much as Evander Kane is hilarious, he should hold off on the money pics until he learns how to score. #2EmptyNetters
- **@bensigurdson:** Best part of the Evander Kane photo: he had to get someone to a) put money on his shirtless back, then b) take the pic.
- **@atomizable:** I'm more offended by people calling Evander Kane a "star hockey player."

mostly unimpressed.

WITH FILES FROM ELISHA DACEY



Winnipeg Jets player Evander Kane has made headlines once again for showing off wads on money on social media. Inset: Evander Kane took to Instagram to upload a photo of himself on Monday night, doing push ups with stacks of cash on his back. GETTY; INSET: EVANDER KANE/INSTAGRAM

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Ground beef

E.coli worries prompt recall

Federal health officials are recalling packages of ground beef produced by Winnipeg-based Cargill Meat Solutions due to concerns about E.coli.

The meat carries the Your Fresh Market brand name and is sold at Wal-mart stores in Alberta, British Columbia, Manitoba and Saskatchewan.

The extra lean ground

beef sirloin, extra lean ground beef, medium ground beef and lean ground beef is sold in 475-gram, 900-gram and 1.6-kilogram packages.

All carry a best-before date of either Nov. 28 or 29.

The Canadian Food Inspection Agency says recalled products should be thrown out or returned to the store where they were bought. Food contaminated with E.coli O157 may not look or smell spoiled but can still make you sick.

THE CANADIAN PRESS

West End

Brothers charged in robbery

Two men are facing charges after police say a customer, who came up short while trying to make a purchase from a West End store Monday, later returned with a another man to rob and rough up the store owner.

The trouble began when a man tried to make a purchase at the small business in the 500 block of Ellice Avenue around 8:30 p.m.

but found he didn't have enough money.

After a brief argument with staff the man eventually left only to return a short time later with another man.

The two men assaulted the store owner and smashed the till into the floor before fleeing the store with merchandise. Police were called and the two men were arrested nearby.

Evan Daniel Abraham, 20, and Ronald Valentine Abraham, 24, are both facing robbery charges. METRO

Watt Street

Store robbed at knifepoint

A man is facing charges after a Munroe neighbourhood convenience store was robbed of cash and smokes at knifepoint Tuesday in the 600 block of Watt Street around 2:10 a.m. No one was injured.

Carl Avery Daniels, 19, is charged with robbery, disguise with intent, and two counts of possession of a weapon. METRO

City encouraging more downtown rental units

Incentive. Developers offered extra tax rebates for building on surface lots



SHANE GIBSON

shane.gibson@metronews.ca

The city and province hope a tax incentive program that officially launched Tuesday will both spur the development of rental units in downtown Winnipeg and make surface parking lots a thing of the past.

The Live Downtown Rental Development Grant Program was approved by council in

the summer and will see any increase in municipal and education taxes rebated for developers of residential housing units in the downtown for at least the next 12 years.

"The heart of our city is really the downtown," said Mayor Brian Bowman. "Since 2010 there's been an astounding zero per cent vacancy rate in all new rental units built in downtown Winnipeg.

"That's a great statistic for downtown, but it's distressing when you take into account the fact that many young professionals today want to live downtown."

The two governments are betting the scheme will encourage the development of

750 to 900 new multi-family, mixed-income rental housing units downtown.

As an incentive to cut down on the number of surface parking lots in the downtown, the 12 years of tax rebates offered through the program will be extended to up to 20 years for developers who build on existing surface lots or include a parkade in their designs.

"Winnipeg has gone through a renaissance over the last decade or so," said Premier Greg Selinger. "It's becoming a source of pride for the whole province, what's happening downtown, and this takes it another step down that road."

Developers can now begin applying to take part in the program and the winning proposals will be chosen through a competitive process, according to a joint news release from the city and province.



Mayor Brian Bowman speaks to media Tuesday about a tax incentive program launched by the city and province to encourage the development of new rental units downtown. SHANE GIBSON/METRO

Quoted

"The heart of our city is really the downtown."

Mayor Brian Bowman

11 NEWS



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City hall. Eadie, Bowman at odds over 'severance'

Winnipeg's mayor and a veteran councillor are in a tussle over a motion proposing the axing of the money given to council members when they leave or are voted out.

Coun. Ross Eadie and Mayor Brian Bowman are at odds over the practice, which Eadie calls "severance" and Bowman calls "political payouts."

Bowman is putting forward a motion at Wednesday's executive policy committee meeting that would see this practice end, and views the motion as fulfilling a campaign promise.

But Eadie argues axing the severance would create hardship for councillors.

"Once you come out of politics it's a very difficult transition, and it is not a political payout," he said on Tuesday.

"Severance helps you to get re-established ... We don't get employment insurance."

Eadie is also concerned that this may have an effect on municipal democracy, as elected officials could be swayed by outside forces on important decisions if offered a soft place to land after political life.



Coun. Ross Eadie, left, and Mayor Brian Bowman. METRO

Speaking terms

Eadie told Metro his comment about not speaking to the mayor was in reaction to the language Bowman used in his press release and based on Eadie's belief that a private conversation was made public. "The way the media release was written, it almost sounded like it reflected councillor arguments and to what my discussion was with Mayor Bowman," he added.

Bowman said on Tuesday that councillors will be given the freedom to vote as they wish on his motions.

BERNICE PONTANILLA/METRO

Manitoba Mutts seeking home for costly rescue dog

Archer. Behavioural issues as challenging as illness when adopting out animals

When you're a non-profit trying to save animals' lives, behavioural issues can be as big a detriment to adoption as a chronic disease.

Manitoba Mutts says it's running out of options for one rescue dog with a big heart, despite the fact that he's healthy.

One-year-old mutt Archer was rescued outside the Springfield area and has been in foster care two months. He's full of life but has behavioural issues.

"He's just a bull in a china shop," says Colleen Holloway, manager of public relations and marketing. "He has the best spirit."

Sammy Mar of SMART Dogs has been working with Archer and said when he first came to her two weeks ago, he ex-

hibited signs of a dog that was neglected and had little social interaction.

Since working with Mar, he's responding well to interaction and has learned skills such as sitting and staying.

Archer isn't vicious and is good with people and other dogs, but it's costing \$60 a day to take care of him. Costs include specialized behavioural classes, food, toys and shelter.

Dogs with behavioural issues or other special needs come to Manitoba Mutts about once a month, but with a rising total of \$1,700 so far, the money it costs to take care of Archer could be covering the costs of several other dogs.

"We never want to look at euthanasia as an option ever, but at a certain point we're getting put in a corner that we can't get out of," said Holloway.

Mar will donate her services to the person who adopts Archer, to continue to work with him on his behavioural issues.

ADRIANA MINGO/FOR METRO



Archer shows off one of the skills he's learned while training with Sammy Mar of SMART Dogs. ADRIANA MINGO/FOR METRO



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Archeologists dig up history at Churchill fort

Shores of Churchill River.

Experts are now going through items found during a summer project



SHANE GIBSON

shane.gibson@metronews.ca

After giving amateur archeolo-

gists the chance to take part in a real dig at Prince of Wales Fort National Historic Site this summer, experts at Parks Canada are now sifting through the thousands of artifacts unearthed in an attempt to unravel history.

In August, Parks Canada and the Churchill Northern Studies Centre offered a handful of history buffs the unique chance to take part in the ongoing excava-

tion at the nearly 300-year-old fort near Churchill.

Artifacts found include aboriginal beads, porcelain pieces and a whole lot of animal bones. Parks Canada archeologist Donalee Deck told Metro you might be surprised by what things as mundane as goose bones reveal about what was happening at the fort.

"We found quite a few left goose humerus bones — way

more than we found right goose humerus bones ... and that didn't make sense," she explained. "But we did some research and found that there's five feathers per wing that can be used as quills for writing, and the left feathers were preferred because of the angle was better for right-handed people."

The fort was built on the shores of the Churchill River in the 1730s to protect the Hud-

son's Bay Company fur trade interests and was taken over by the French in 1782.

The fort's ramparts had to be reinforced at one point in its history to allow them to stand up to the weight of cannons, and garbage was thrown into the space for that purpose. It's that historical waste that archeologists — including the historical tourists this summer — have been digging up since 2002.



From left to right: Donalee Deck, with students Julie May and J.C. Bottomley, show off some artifacts. METRO

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Coun. Marty Morantz, seen at the Nov. 20 finance committee meeting, said the \$2 million requested for repairs to the police HQ should be coming back through an insurance claim. BERNICE PONTANILLA/METRO

Damage. \$2M requested for police HQ repairs, for now

The city's finance committee said a \$2-million request for cash to cover repairs to the water-damaged Winnipeg police headquarters building should return to municipal coffers.

Members of the executive policy committee will be considering the request during Wednesday's meeting.

A report prepared by senior officials said the \$2 million would come from a reserve fund "available for interim/bridging costs and for uninsured costs which may be required in order to proceed with repairs in a timely fashion."

A major rainstorm on Aug.

21 "overwhelmed the roof drain leaders and rainwater infiltrated the lower levels" of the police headquarters, states the city's report.

Morantz said an insurance claim has already been filed, though there's no specific date for a decision.

"It is our anticipation that it is a claim that will be fully covered by insurance, having said that, there are times when there are items that might not be covered and we don't know for sure where we are now" with the claim, added Morantz.

"That's why the insurance reserve is there, to deal with those things."

BERNICE PONTANILLA/METRO

Free admission

CMHR celebrates Human Rights Day

The Canadian Museum for Human Rights is holding a full day of events for International Human Rights Day on Wednesday, Dec. 10.

Events include an annual public meeting, an announcement of a new program that will begin in

January 2015, and a Canadian citizenship ceremony with Citizenship and Immigration Canada.

Evening programming will be co-presented by the museum and the Assembly of First Nations Special Chiefs Assembly Host Committee.

Admission is free and the museum will operate on extended hours from 10 a.m. to 9 p.m.

ADRIANA MINGO/FOR METRO

Cuddle for \$60 an hour

'I've always been a very snuggly person.'
Victoria, B.C. massage therapist started service in August



THANDI FLETCHER
Metro in Vancouver

"Big spoon or little spoon?" That's one of the questions Victoria, B.C., massage therapist Alexis Anderson asks clients ahead of each session, and she's not talking about ice cream.

The 38-year-old launched an unusual new service in August that has been making international headlines: private cuddling sessions.

"I've always been a very

snuggly person," Anderson told Metro. "Everybody's good at snuggling as far as I'm concerned, but to snuggle strangers is a different kind of thing."

For \$60, customers at Snuggle Service get an hour's worth of cuddling activities of their choosing with Anderson, including spooning, back patting and hand holding.

Anderson also offers cuddle-and-a-movie packages for \$150 (no sexy or horror movies), as well as an overnight cuddle session that includes a movie in the evening with healthy snacks and a home-cooked breakfast in bed for \$350.

Although she launched the service only a few months ago, business is already booming, said Anderson.



Alexis Anderson, a registered massage therapist in Victoria, B.C., offers private cuddling sessions for \$60 an hour. COURTESY ALEXIS ANDERSON

Hamilton

Family prayed for man's resurrection

A devoutly religious Hamilton woman, who kept her husband's decomposing corpse in a bedroom for six months because she was convinced he would come back to life, has pleaded guilty to failing to notify authorities of his death.

Kaling Wald told police her husband Peter suffered from diabetes and his foot became infected, but he refused to seek treatment. He died in March, and was discovered in September only when the family defaulted on the mortgage and faced eviction. **THE CANADIAN PRESS**

Veterans affairs

PM defends embattled Fantino

Prime Minister Stephen Harper came to the defence of his embattled veterans affairs minister Tuesday as calls continued for Julian Fantino to resign and for the government to apologize for misleading veterans.

The decision to make a senior member of Harper's media team Fantino's new chief of staff makes it clear the minister has lost control of the veterans file, Opposition Leader Tom Mulcair declared during question period. **THE CANADIAN PRESS**

Report. RCMP pilots doctored flight manifests

RCMP pilots doctored flight manifests in order to fly overloaded aircraft, the federal integrity commissioner said Tuesday as he dismissed several other serious allegations from a whistleblower for lack of evidence.

Commissioner Mario Dion says he could not establish whether the RCMP flights in 2012 posed a danger to the life, health or safety of anyone because the true weight of the aircraft is not known.

"The records were, not being accurate, it's impossible to determine actually what was the total weight of the plane on any given flight and therefore impossible to determine whether it did constitute a risk to health and safety," Dion said in conference call.

Several other serious allegations from a whistleblower — including that RCMP planes were flown without valid airworthiness certificates, that pilots with lapsed credentials were scheduled to fly and that the RCMP overpaid to house planes at a commercial hangar recommended by a staff member

— could not be substantiated "on the balance of probabilities," Dion said.

His report remains under a legal challenge from the federal government, which wanted to quash his findings before they could be made public.

However a judge last week rejected the bid by the federal attorney general and Dion says his mandate includes public disclosure of wrongdoing.

The RCMP and the government continue to contest the manner in which Dion pursued the complaint.

They are seeking all records of the integrity commissioner's investigation, including interview notes and any materials obtained from interviewees.

"We have to produce everything we have on file concerning this matter," said Dion.

"We are taking appropriate steps to ensure the confidentiality of the important pieces of information, such as the identity of the whistleblower."

THE CANADIAN PRESS

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A new day for Toronto

Toronto's new mayor, John Tory, reacts after receiving his chains of office during an inauguration ceremony in Toronto on Tuesday.
CHRIS YOUNG/THE CANADIAN PRESS

More aboriginal women behind bars, study finds

Overrepresentation.

Number of aboriginal women behind bars in federal institutions grew 97 per cent from 2002 to 2012, study shows

Emily, an alcohol-addicted young Inuit woman racked by painful memories of sexual abuse, went to jail for manslaughter in 2009 — joining what a newly released report calls one of the fastest growing segments of Canada's prison population.

The number of aboriginal women who were locked behind bars in federal institutions grew a staggering 97 per cent between 2002 and 2012, the study by the federal Justice Department concluded.

By comparison, the number of aboriginal men increased by

Findings

The study also sheds light on the crimes that landed the aboriginal women covered by the study behind bars.

- Two out of every three aboriginal women were put into federal custody for violent crimes, such as assault, robbery, sexual as-

sault, criminal harassment, and murder.

- That number drops to one in three for non-aboriginal women, leading to the conclusion that aboriginal women were more likely to have been admitted to custody for a violent offence.

a comparatively small 34 per cent during that time.

"Aboriginal women are particularly overrepresented as offenders in female institutions and correctional services," said the 2013 report, obtained by The Canadian Press under the Access to Information Act.

"This representation has been growing in recent years and at a faster rate than aboriginal male offenders."

The focus of the study is female aboriginal offenders — a

group largely neglected by other research, the study concedes.

"The overrepresentation of aboriginal people in the Canadian criminal justice system has been acknowledged as one of the most challenging aspects facing the justice system today," it said. "However, much of the attention to this overrepresentation has been focused on aboriginal people as a whole, without giving appropriate attention to the unique situation of aboriginal women

as offenders."

The report found common threads among aboriginal women in the criminal justice system. They tended to be slightly younger than non-aboriginal women, had less education and struggled to find work. Substance abuse was also rife among female aboriginal prisoners.

The study found aboriginals represent 34 per cent of all female and 22 per cent of all male prisoners in federal institutions. The numbers were slightly higher for both aboriginal men and women in provincial and territorial facilities.

Kim Pate, executive director of the Canadian Association of Elizabeth Fry Societies, said a number of factors — including mandatory minimum sentences and more limited conditional release options — add up to a higher incarceration rate for society's most marginalized people. **THE CANADIAN PRESS**

Senators urge national debate on assisted suicide



MP Steven Fletcher discusses the next step in physician-assisted death legislation. **THE CANADIAN PRESS**

Thwarted in his efforts to force the House of Commons to debate the issue of assisted suicide, Manitoba Conservative MP Steven Fletcher has gone down the hall for some help.

Two senators, one a Conservative, the other a Liberal, are taking over Fletcher's bid to make physician-assisted death legal under Canadian law, introducing a bill on the subject

in the upper chamber.

"This is an opportunity in fact for the Senate to shine, to demonstrate why the Senate is there," said Fletcher, who became a quadriplegic after a car accident in 1996.

"They are dealing with an issue that obviously most elected representatives do not want to deal with. Moreover, I think the mere fact that it's now go-

ing to be debated in Parliament will increase public awareness."

Conservative Sen. Nancy Ruth is introducing the bill with the support of Liberal-appointed senator Larry Campbell.

Ruth said her aim to have it passed through the Senate by spring and then handed over to the House of Commons.

THE CANADIAN PRESS

Possible wife, son of ISIL leader detained

Lebanon. If their identities are confirmed, officials may use the pair as bargaining chips

Lebanese authorities detained a woman and young boy believed to be the wife and son of reclusive Islamic State group leader Abu Bakr al-Baghdadi, and were questioning the woman and conducting DNA tests on the child, senior Lebanese officials said Tuesday.

If their identities are confirmed, Lebanon may use the pair as bargaining chips to win the release of soldiers and police taken hostage by the extremists in cross-border attacks earlier this year.

The woman, identified as an Iraqi, and child were taken into custody 10 days ago while carrying fake ID, officials said.

Very little is known about



This image purports to show the leader of the Islamic State group Abu Bakr al-Baghdadi delivering a sermon at a mosque in Iraq.

MILITANT VIDEO/THE ASSOCIATED PRESS FILE

itant websites cast doubt on the reports.

Adding to the confusion, the Lebanese army did not release an official statement regarding the pair.

A Lebanese military official identified the woman as Saja al-Dulaimi who was held by Syrian authorities and freed in a prisoner exchange with the Nusra Front, Syria's al-Qaida-linked branch, earlier this year. The official said the woman "confessed during interrogation" that she was al-Baghdadi's wife.

The officials spoke on condition of anonymity in line with regulations.

In March, the Nusra Front freed more than a dozen Greek Orthodox nuns in exchange for the release of dozens of female prisoners by the Syrian government. A woman named Saja al-Dulaimi was reportedly on the list of prisoners freed by Damascus. **THE ASSOCIATED PRESS**

al-Baghdadi's personal life, including how many wives and children he has. Conservative interpretations of Islam allow men to marry up to four wives. The Islamic State group did not immediately comment on the detentions, but the faction's supporters on Twitter and mil-

Earth's changes

4.9 trillion tons of ice lost since '92

In the more than two decades since world leaders first got together to try to solve global warming, life on Earth has changed, not just the climate. It's gotten hotter, more polluted with heat-trapping gases, more crowded and just downright wilder.

The numbers are stark. Carbon dioxide emissions: up 60 per cent. Global temperature: up six-tenths of a degree. Population: up 1.7 billion people. Sea level: up three inches. U.S. extreme weather: up 30 per cent. Ice sheets in Greenland and Antarctica: down 4.9 trillion tons of ice.

"Simply put, we are rapidly remaking the planet and beginning to suffer the consequences," says Michael Oppenheimer, professor of geosciences and international affairs at Princeton University.

Diplomats from more than 190 nations opened talks Monday at a United Nations global warming conference in Lima, Peru, to pave the way for an international treaty they hope to forge next year.

THE ASSOCIATED PRESS

Ferguson rioting

Police investigate Michael Brown's stepfather

Police are investigating Michael Brown's stepfather for angry comments made to a Ferguson crowd after a grand jury decided not to indict the police officer who fatally shot his stepson.

St. Louis County Police spokesman Brian Schellman said Tuesday that police want to talk to Louis Head about his comments as part of a broader investigation into arson, vandalism and looting that followed the Nov. 24 grand jury announcement. Twelve commercial buildings were destroyed by fire.

Widely-circulated video showed Brown's mother, Lesley McSpadden, on top of a car and breaking down as the announcement blares on a stereo. Head, her husband, comforts her then repeatedly yells angry comments, including "Burn this bitch down!"

Family attorney Benjamin Crump has called the reaction "raw emotion," but "completely inappropriate."

THE ASSOCIATED PRESS



UN to suspend aid to Syrian refugees

Syrian refugee children sit near a tent at the entrance of their refugee camp as they wait to attend an activity in the eastern Lebanese town of Al-Faour near the border with Syria, Lebanon, Tuesday. Syrian refugees in Lebanon reacted with panic Tuesday to news that the UN was suspending aid to 1.7 million refugees due to lack of funds — a decision officials said threatens to starve thousands of families and add pressure on already strained hosting countries. **HUSSEIN MALLA/THE ASSOCIATED PRESS**

Israeli government crumbles as Netanyahu fires ministers

Israel's divided government fell apart Tuesday as Prime Minister Benjamin Netanyahu fired two rebellious Cabinet ministers and called for a new election more than two years ahead of schedule.

Netanyahu's announcement plunges the country into a bitter campaign that seemed unlikely just a few days earlier. The election, expected to be

held early next year, would come at a time of growing violence between Palestinians and Jews and deepening despair over the prospects for peace.

In a nationally televised address, Netanyahu said he had ordered the dismissals of Finance Minister Yair Lapid and Justice Minister Tzipi Livni. The pair, who head separate

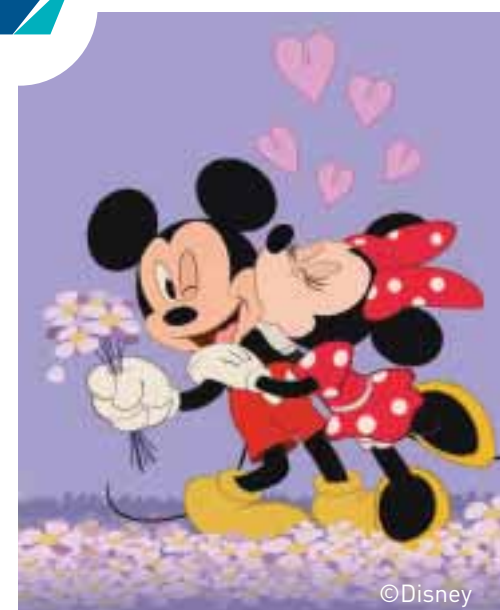
centrist parties, had emerged as his leading critics.

Netanyahu accused the two of trying to stage a "putsch," saying he could "not tolerate opposition from within the government." He said he would present legislation in parliament to dissolve the government and to hold elections "as soon as possible."

THE ASSOCIATED PRESS

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Thousands of Crimean businesses seized: Ukrainian justice ministry

Hostile takeover.

More than 4,000 enterprises have been expropriated since Russia annexed Crimea eight months ago

One day in October, a dozen armed men in masks drove up to the gates of Yalta Film Studios. They weren't actors, and this was not make-believe. It was a hostile takeover.

"They forced all the employees onto the ground, sealed off the premises and halted the work of the studio," said owner Sergei Arshinov.

Nestled in hills overlooking the Black Sea, the studio — into which investors have sunk \$16 million since 2004 — is just one of thousands of businesses seized from owners since Russia annexed Crimea eight months ago. Crimea's new pro-

Moscow leaders say the takeovers, which they call nationalizations, are indispensable to reverse years of wholesale plunder by Ukrainian politicians and oligarchs.

But an Associated Press investigation throughout this peninsula the size of Massachusetts found instances of less noble practices: legal owners strong-armed off their premises; buildings, farms and other prime real estate seized on dubious pretenses, or with no legal justification at all; non-payment of compensation mandated by the Russian constitution; and targeting of assets belonging to or used by the Crimean Tatar ethnic minority and pro-Kyiv branch of the Orthodox Church.

In a preliminary estimate, Ukraine's justice ministry told AP that around 4,000 enterprises, organizations and agencies have had their property expropriated.

Some holdings, from ship-



This photo taken on Monday, Oct. 27, 2014, shows a view of Zaliv, a shipbuilding factory in Kerch, Crimea. The shipbuilding factory was forcibly seized from its Ukrainian owners by a Russian company in August.

LAURA MILLS/THE ASSOCIATED PRESS

yards to health resorts, were publicly earmarked for repossession by Crimea's regional government, now part of the Russian Federation.

Others were simply seized by armed men, sometimes carrying official decrees that were never published or had no

documentation at all.

Crimea's Russia-installed prime minister, Sergei Aksyonov, says the nationalization law enacted Aug. 8 seeks to right wrongs committed by officials in Ukraine, where a lot of state property was sold off at bargain prices because the gov-

ernment was broke.

"Over the past 10 years, the majority of state property was illegally stolen from the government," Aksyonov told AP. "Enterprises were privatized via fraudulent schemes and the state didn't receive any money."

THE ASSOCIATED PRESS

Property grab

In June a 34,600-acre farm was taken by armed men with signed documents from Russian installed PM Sergei Aksyonov, stating the \$1.6M farm was being nationalized. This has not been the only instance.

- **Pro-Kyiv.** Those still loyal to Ukraine have been stripped of their assets, notably Ihor Kolomoisky, who has had 65 of his properties taken.

- **'It's a robbery.'** Yalta Film Studios says they convinced the men to leave, but have been unable to register as a Russian business and will legally lose the right to stay in business after Jan. 1. The Studio has been offered \$1M in compensation.



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U.S. secretary of defence. Carter the likely nominee

Former Pentagon official Ashton Carter is likely to be U.S. President Barack Obama's nominee for defence secretary, according to administration officials, putting him in line to take over a department that has had an uneasy relationship with the White House.

Officials said Obama had not made a final decision, but Carter had emerged as the top candidate. At the White House, spokesman Josh Earnest praised Carter for serving "very, very ably" at the Pentagon and noted Carter had been easily confirmed by the Senate once before.

"He is somebody who definitely deserves and has demonstrated strong bipartisan support for his previous service," Earnest said.

A physicist with deep Pentagon experience, Carter moved to the top of the short list after several leading contenders pulled their names from consideration for what is typically a highly sought-after cabinet spot.

Sen. Jim Inhofe, top Republican of the Senate Armed Services Committee, backs

Tensions

If Obama goes forward with Carter's nomination and he is approved by the Senate, the 60-year-old would replace Chuck Hagel, who resigned as Pentagon chief last week under pressure from Obama.

- Hagel's resignation highlighted ongoing tensions between the White House and the Pentagon, where top officials have complained about West Wing micromanagement and a lack of clarity in Obama's policy-making.

Carter's expected nomination "very strongly."

"I can't imagine that he's going to have opposition to his confirmation," Inhofe said.

Defence analyst Anthony Cordesman said that as Obama approaches the end of his presidency, the cabinet post is "not particularly desirable" for anyone with broader political ambitions. **THE ASSOCIATED PRESS**

U.S. draws up guidelines advocating circumcision

'Benefits outweigh the risks' Data on rates of STDs, cancer and UTIs not convincing to all

U.S. health officials on Tuesday released a draft of long-awaited federal guidelines on circumcision, saying medical evidence supports the procedure and health insurers should pay for it.

The Centers for Disease Control and Prevention guidelines stop short of telling parents to have their newborn sons circumcised. That is a personal decision that may involve religious or cultural preferences, said the CDC's Dr. Jonathan Mermin.

But "the scientific evidence is clear that the benefits outweigh the risks," added Mermin.

These are the first federal guidelines on circumcision. Germs can grow underneath the foreskin, and CDC officials



Anti-circumcision activists Frank McGinness, right, and Jeff Brown rally with about 25 protesters outside a San Francisco courthouse in 2011. NOAH BERGER/THE ASSOCIATED PRESS FILE

say the procedure can lower a male's risk of sexually transmitted diseases, penile cancer and even urinary tract infections.

The guidelines are likely to draw intense opposition from anti-circumcision groups.

Indeed, the head of one group did argue against the

CDC's conclusions on Tuesday.

The guidelines "are part of a long historical American cultural and medical bias to attempt to defend this traumatic genital surgery," said Ronald Goldman, executive director of the Circumcision Resource Center.

Circumcision gradually became the cultural norm in the U.S., and in the 1950s and '60s surpassed 80 per cent. But then the trend reversed. By 2010 the newborn circumcision rate was down to about 58 per cent, according to one CDC estimate.

THE ASSOCIATED PRESS

Iran seems to rebuff UN nuclear weapons probe

Iran says the UN atomic agency is out of line in pushing for new information on allegations that the country worked on nuclear weapons — and appears to be serving notice that it will not co-operate with such an investigation.

The probe is separate from newly extended talks between Iran and six world powers meant to reduce Iran's technical capacity to make nuclear

weapons by reconfiguring what it says are purely civilian projects.

But the probe's failure would throw hopes of a deal into doubt because the U.S. says an agreement can be reached only if the UN's International Atomic Energy Agency (IAEA) is satisfied with the probe and its final results.

In its statement on the IAEA's website, Tehran said

an agreement signed last year did not include any pledges of co-operation by Tehran in any investigation of the alleged weapons work.

"Iran has not recognized such irrelevant notions," said the note dated Monday.

It said the allegations are based on "forged documents" and hinted they were the work of Israel or the U.S.

THE ASSOCIATED PRESS

U.S. nuclear missileer faces court martial on drug charge

The U.S. Air Force is court-martialing a nuclear-missile launch officer on drug and obstruction-of-justice charges stemming from a criminal investigation, which led to the disclosure last winter of a separate exam-cheating scandal that implicated nearly 100 nuclear officers.

Nicole Dalmazzi, second lieutenant of the 341st Missile Wing at Malmstrom Air Force Base, Mont., is the first missileer known to have been

charged since the drug investigation was made public in January.

Dalmazzi was charged with illegal drug use and obstructing the Air Force Office of Special Investigations probe by dyeing her hair to "alter the results of potential hair-follicle drug tests," according to Josh Aycock, a spokesman at Malmstrom. He said her court martial is scheduled for Jan. 21.

As a missileer, Dalmazzi is trained to operate the Minute-

man 3 missile, which stands ready for launch on short notice from an underground silo.

The twin allegations of cheating and drug use added to a wave of embarrassing news about the nuclear missile corps, which has been beset with discipline problems, low morale and resource shortages. Last month, Defence Secretary Chuck Hagel announced plans for top-to-bottom changes in how the corps is run.

THE ASSOCIATED PRESS

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Shippers give freight service a low grade

New survey. More than half of those surveyed said service by North American railways fair or poor

Freight service on North American railways has deteriorated significantly in the past year, according to an annual RBC Capital Markets survey of railway customers.

More than three-quarters of shippers surveyed labelled service as fair or poor, compared with 32 per cent who gave the railways such a grade last year.

Analyst Walter Spracklin attributed the widespread dissatisfaction to the impact of congestion and severe weather on deliveries last winter.

"We consider the decline in customer satisfaction to be a temporary sentiment shift caused by unforeseen factors that were largely out of carriers' control," he wrote in a report Tuesday.

Canada

Shipper sentiment on Canadian Pacific Railway was mixed as the proportion of negative responses jumped to 79 per cent from 48 per cent last year, reflecting weaker speed and dwell times. But the Calgary-based railway also received positive comments for shorter transit times and better on-time performance.

Spracklin said the poor grade shouldn't hurt the railways' stock price because of the strong price and volume outlook by shippers for 2015.

Canadian National Railway received the most positive ratings of the six large railways in Canada and the U.S. The next best performer was Union Pacific Railway.

Rankings for the other four, including Canadian Pacific, were not given.

Montreal-based CN benefited from relatively strong operating metrics, such as train speeds and dwell time in terminals, to beat rivals. Still, the proportion of shippers who gave CN just a fair or poor rating doubled to 63 per cent this year. Just seven per cent rated CN's service as excellent, down from 15 per cent last year and 22 per cent in 2013.

Criticism focused on capacity constraints, railcar shortages and transit time issues. "Service has been terrible, but CN Rail has been the best of the group," said one shipper, who was not named.

Spracklin said CN has suffered a bit from its success in achieving record volumes as extreme weather exacerbated network congestion. He said the railway was addressing capacity concerns with targeted capital investments that should manage volume growth and severe weather. **THE CANADIAN PRESS**



Giving people a voice

British theoretical physicist Prof. Stephen Hawking speaks to members of the media on Tuesday at a news conference in London. The system that helps Stephen Hawking communicate with the outside world will be made available online from January in a move that could help millions of motor neuron disease sufferers, scientists said Tuesday. The wheelchair-bound physicist, who shot to international fame in the 1980s with his book *A Brief History of Time*, hailed the decision by U.S. tech giant Intel at a news conference in London. **JUSTIN TALLIS/AP/GETTY IMAGES**

Grew 45% from 2012

Canada's clean energy sector up

Canadian investments in clean energy totalled \$6.5 billion last year, a 45 per cent increase from 2012, according to a new study released Tuesday.

More than half the Canadian investment — \$3.6 billion — went into wind power, with another \$2.5 billion invested in the solar sector, says Clean Energy Canada, an advocacy and research organization.

THE CANADIAN PRESS

75% using e-records

Doctors embrace electronic records

The 2014 National Physician Survey shows 75 per cent of doctors across the country report using electronic records to enter or retrieve clinical patient notes on a laptop or desktop computer, triple the percentage that had gone digital in 2007.

THE CANADIAN PRESS

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Ebola crisis hitting economies hard

The international response to Ebola is still too slow and piecemeal, Doctors Without Borders warned Tuesday, as officials said the disease is crippling the economies of the three West African countries hardest hit.

The vast majority of Ebola infections are in Guinea, Liberia and Sierra Leone, poor countries that have been left to handle the crisis without sufficient help, said Doctors Without Borders. It said foreign donors had concentrated on building clinics but did not provide medicines to staff the centres. The group repeated its call for countries to deploy biological-disaster response teams.

sponse teams.

In response to the crisis, the World Bank lowered again on Tuesday growth projections for the hardest-hit countries.

Guinea's economy will grow just 0.5 per cent this year, down from an expected 4.5 per cent before the crisis, the bank said. Sierra Leone is expected to register 4 per cent economic growth, down from a pre-crisis expectation of 11.3 per cent, while Liberia will see 2.2 per cent growth, down from 5.9 per cent.

"We don't need to wait till we get to zero (cases) to start working on the economic recovery," World Bank President Jim

Yong Kim said during a visit to Liberia Tuesday. The bank will support the farm sector to offset a drop in production.

Kim also plans to visit Sierra Leone and Guinea. The World Bank has pledged nearly \$1 billion for the three countries.

The number of people infected with Ebola has passed, 17,000, according to data published Tuesday by the World Health Organization. Of those, more than 6,000 have died. Emphasizing the severity of the outbreak, Sierra Leone announced that another doctor, its 10th, has tested positive for Ebola. **THE ASSOCIATED PRESS**

Apple. 2005 emails of late Steve Jobs shown in court

Legendary Apple CEO Steve Jobs had seven words for a subordinate when he learned that a rival company was about to introduce a program that would let music fans buy songs anywhere and play them on Apple's iPod devices.

"We may need to change things here," Jobs said in a terse, 2005 email that was shown to jurors in U.S. federal court Tuesday, on the opening day of trial in a billion-dollar antitrust lawsuit that accuses Apple Inc. of using unfair tactics to maintain its dominance in the digital music business.

Attorneys for an estimated eight million consumers and iPod resellers say Jobs' email spurred an internal campaign to keep Apple's popular iPods free of music that wasn't purchased from Apple's own iTunes store.

Apple lawyers deny the company competed unfairly. **THE ASSOCIATED PRESS**

Market Minute

DOLLAR
87.77¢ (-0.51¢)

TSX
14,620.07 (-5.25)

OIL
\$66.88 US (-\$2.12)

GOLD
\$1,199.40 US (-\$18.70)

Natural gas: \$3.87 US (-\$0.14)
Dow Jones: 17,879.55 (+102.75)

VOICES

DON'T MAKE IT A CAREER-LIMITING XMAS

With stories of serious workplace harassment in the news, some offices are putting a chill on holiday party flirting and other shenanigans. But while you may perceive your actions as harmless fun, HR might see it differently, writes Metro's Liz Brown



LIZ BROWN
Metro in Toronto

'Tis the season for the workplace Christmas party.

Apparently, it's also the season for friendly reminders from your boss not to be a creep at the office celebration.

Recently, Canadian employment law firm Levitt and Grosman LLP sent a note to its workers about expected party etiquette, noting: "You probably aren't in the same league as Jian Ghomeshi when it comes to bad behaviour in the workplace, but you still need to keep yourself in check at the company holiday party or you could end up fired with cause."

With liquid courage fuelled by rum and eggnog, the Christmas party may seem the perfect moment to make your move on that office cutie you've been eyeing at the photocopier.

But flirtatious overtures may not be perceived as merry and bright in the eyes of the receiver, your employer or your co-workers.

We are all confident we know where "the line" is and many of us have been tempted to do a little festive flirting with a fine work friend. But any office celebration is really just an extension of the boardroom — not a singles soirée.

So don't say or do anything under the mistletoe that you wouldn't dare do under the glare of the fluorescent office lights.

We should remember that a party faux pas can fell even those who are experts in workplace harassment issues.

Case in point: A Toronto lawyer who specializes in labour and employment law who was accused of busting a few too



What not to do at the office holiday party. DAVID VAN DYKE/METRO PHOTO ILLUSTRATION

What she said

Comedian Phyllis Diller once said: "What I don't like about office Christmas parties is looking for a job the next day." You don't want to be repeating that line this month.

many moves with a female associate at a booze-filled work function.

In 2009, Toronto lawyer David Cowling, a former Mathews, Dinsdale & Clark partner, allegedly got a little too handsy on the dance floor.

Following the party, two associates complained to other partners about his behaviour and Cowling launched a \$2.3 million defamation lawsuit against them in 2010.

Cowling eventually dropped the lawsuit, left the firm — as did the other two lawyers — and cleared his name with a settlement and public statement.

But that one night of booze-fuelled fun left him with more than a hangover headache.

This little anecdote is one to keep in mind as your own party approaches. What you perceive as flirtatious fun can be downright creepy to your co-workers.

Comedian Phyllis Diller once said: "What I don't like about office Christmas parties is looking for a job the next day."

You don't want to be repeating that line this month.

So ease up on the booze, keep your hands to yourself, and remember, there's a reason you became an accountant and not a backup dancer for J.Lo.

I know I'm not the only one avoiding the malls this year



IRENE KUAN
Metro Online

If you're a retailer that's yet to open a virtual store, then you better get online, because the Christmas hordes are coming — just not on foot.

One third of Canadians plan to turn to the Internet to do most of their holiday shopping this year, according to a series of polls conducted by MasterCard, Ipsos Reid and Google. And I'm one of those shoppers.

I love shopping, but this holiday season, I can confidently say I will not be visiting any shopping malls. The only way I will be buying my gifts is online.

The trend of people shopping from the comfort of their own homes rather than going into stores has contributed to a drop in Black Friday retail sales in the U.S. for two consecutive years, according to the National Retail Federation.

I don't think I'm alone when I say I've always hated braving the crowds, not to mention dealing with grumpy and exhausted sales people. Plus, some of the online incentives offered by retailers are hard to pass up, such as exclusive deals not available in-store.

I'm not being a Scrooge, in case any of you think the maddening rush at the mall is part of getting into the holiday spirit. Online shopping for me isn't just about avoiding the mall. It's about the convenience of that one-stop

shop that saves me time, and the border-free access to purchase hard-to-find gifts that I probably can't even get at any store in my city.

So far this month, I've purchased gifts from the U.S. and New Zealand, which are expected to arrive in five to 10 days, all without leaving my condo.

Retailers that have yet to jump online are facing some tough competition, not only because of their physical limitations, but because virtual stores are offering perks that are similar or better, like free worldwide shipping, free returns and free gift-wrapping, as well as samples at checkout. Most deals in stores can also be found online, and brick-and-mortar retailers know this. Toronto's Yorkdale Mall even offered the first 100 customers to arrive at their

Guilt-free shopping

If you feel guilty about all those seasonal-sales people who will be out of the job this Christmas — don't be. Amazon said it plans to hire 80,000 workers to fill its warehouse during the busy holiday season.

door on Black Friday a \$50 gift card. Meanwhile Amazon rolled out deals every 10 minutes on Cyber Monday. How can stores compete?

So if you're still a web-shy retailer, take note: If you get tech-savvy, I — along with those other one third of Canadians — could be enticed back to you.



This Hour has 22 years

TV Special. As CBC's satirical series turns 22, Cathy Jones, the show's only original member, shares the sketches she loves best

MARK BRESLIN
scene@metronews.ca

This year marks the 22nd season of *This Hour Has 22 Minutes*, the satirical sketch show on CBC that's Canada's version of *Saturday Night Live*.

The show may not be live, but it certainly is lively, with comedians like Mary Walsh, Shaun Majumder, Rick Mercer, Gavin Crawford and Colin Mochrie skewering our sacred cows over the past two decades.

No one represents the talented cast more than Cathy Jones, who is the only original actor still with the show.

With an hour-long 22 Minute special airing next Tuesday at 8 p.m., and a *This Hour Has 22 Years* — Live in Toronto event on Thursday, we sat down with Jones to discuss her favourite moments from the show's two decades plus two years:

Greg Toomey's Playboy Grotto

"I was a dimwit bunny from Newfoundland, and he's interviewing me, and I got to wear these ridiculously huge breasts ... Those sketches were so much fun to do!"

Mrs. Enid and Mrs. Eulalia

"When Mary Walsh and I would do these two old ladies, we'd get so close to each other — we were like

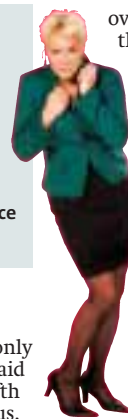


Cathy Jones, second from right, and the *This Hour Has 22 Minutes* cast. RILEY SMITH

Keeping up with the Jones

When congratulated on her 22 Minutes longevity, Cathy Jones is quick to remind she was also on the show's predecessor, *Codco*, for six years, meaning she's been on the air continuously for a staggering 28 years.

She says the secret to the show's success — in addition to the acting and writing — is that it is shot in Halifax, geographically removed from network politics and at a safe distance to allow it to flourish.



over-the-top and had the feeling of something totally unstoppable and crazy. One time Mary had to wear a dog cone around her neck. We couldn't stop laughing!"

Angry Yoga

"I've always been the one in the troupe that likes to deal with 'groovy'

Cathy Jones RILEY SMITH

ideas and this was a sketch that played right into my interests. The premise has me as a yoga teacher that keeps getting angrier and angrier, which conflicts with the 'grooviness' of the character. Lots of YouTube hits on this one."

Ida Smithe-Bishop

"I did this one with the fabulous Gavin Crawford. We played a couple of Brits with ridiculous accents and extreme dental prosthetics. Gavin was just so great to work with."

The Quinlan Quints

"... And, there were only four of us! No one ever said what happened to the fifth sibling! They were raucous,

two magnets that would repel and attract each other. Doing those sketches got me so close to Mary and it seemed to be everybody's favourite sketch."

Miniseries

First look at A.D., The Bible sequel

NBC has shared the first trailer for *A.D. The Bible* sequel. The new miniseries hails from the creators of *The Bible* and is a followup to the hit miniseries. Picking up where *The Bible* left off, the new miniseries will explore the impact of Jesus' death and resurrection on his disciples and on political and religious leaders. The first episode will premiere on April 5, Easter Sunday. AFP



Kevin Spacey as Francis Underwood in *House of Cards*. CONTRIBUTED

TV drama. House of Cards returns end of February

The third season of award-winning political drama *House of Cards* is to debut on Feb. 27, Netflix announced Monday.

"A special message from the White House," announced a short video posted on the show's Twitter and Facebook pages, giving the date.

The clip shows scheming politico Francis Underwood, played by Kevin Spacey, boarding what looks like a presidential aircraft with his ever-loyal wife Claire (Robin Wright).

Earlier this year, Netflix ordered a third season after *House of Cards* collected nine Emmy nominations, the first ever for an Internet-delivered series, and won Wright a best-actress Golden Globe.

Season 2 of the show found Underwood assuming the vice presidency, having ruthlessly undercut rivals and even murdered someone in a protracted act of revenge after being denied the promised post of secretary of state. AFP



Christian Bale ALL PHOTOS: GETTY IMAGES

Christian Bale sure knows how to burn big-time show-biz bridges

Christian Bale is a big fan of privacy and not a big fan of tabloids. But you know what he's also not a big fan of? Fellow celebrities complaining about privacy and the tabloids.

Bale tells the Wall Street Journal that George Clooney — who Bale concedes is “a movie star” — needs to pipe down when it comes to the invasive press. “It’s boring, isn’t it? You know what I mean?” Bale says. “It doesn’t matter that he talks about it. It’s like, come on, guys, just

shut up. Just get on with it and live your lives and stop whining about it. I prefer not to whine about it.” Duly noted.

Oh, and don’t expect him to re-team with Terminator Salvation director McG again anytime soon. “There’s a lot of room for many approaches and many characters within the film industry,” Bale says. “I won’t be working with him again, but I wish him very well. OK?” And that is what Bale being diplomatic sounds like.



Reese Witherspoon

Don’t lay any sweetheart lines on Reese — she’s just not having it

Guys, seriously. Cut it out. Reese Witherspoon is totally not America’s sweetheart. “I certainly don’t self-identify as anyone’s sweetheart,” she tells

Glamour. “I’m friendly, but I don’t think I’m sweet. I’m honest.” Yeah, but come on. That’s totally something America’s sweetheart would say.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Scarlett’s secret wedding no secret anymore



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Metro in Hollywood

Avengers star Scarlett Johansson managed to pull off the ultimate celebrity achievement: the secret wedding. She and Romain Dauriac reportedly tied the knot Oct. 1 in Philipsburg, Mont., less than a month after the birth of their daughter — and no one in the press caught on, according to Page Six.

“They kept the wedding a big secret because they both wanted privacy,” says a source with a firm grasp



of the obvious. Johansson started introducing Dauriac as “my husband” at the Gotham Awards earlier this week, and Dauriac was spotted wearing a wedding ring in early October and Johansson had one on in public last month. So really, this one’s on us for not catching it earlier.



Lauren Graham

Graham’s new comedy gives late-night talk show bastion a shot of estrogen

The late night talk show host circuit is still an exclusively white male club, but we can at least pretend it’s more diverse, right? NBC has tapped Gilmore Girls alum Lauren Graham to star in Kate on Later, a

comedy series in development focusing on the foibles of the first female late-night host. The show is being overseen by Ellen DeGeneres’ A Very Good Production company. Hey, it’s something, right?



Burt Reynolds

Make out like a Bandit with Burt Reynolds’ muscle car

Want to own a piece of movie history? Well good news, because Burt Reynolds is looking to get rid of some stuff. His 1978 black Trans Am from the Smokey and the Bandit films is going up for auction next month along with a bunch of beauties from the Wellborn Muscledar Museum. This item in particular, personally owned by Reynolds, features portraits of his film alter ego embroidered into the headrests, a CB radio and the personalized licence plate BANDT22. Just don’t expect cops to look the other way if you’re going even a little too fast.

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How-to

Travel with a sense of adventure

Trafalgar.com's Liesa Bissett shares her best tips:

1. Keep a travel journal so you can share details of your trip with friends down the road. It will make a great reference.

2. Learn a few key phrases of the language of the countries you're visiting.
3. Research some of the stops on your itinerary in advance, so you know what places you might like to visit in your free time.
4. Pack a rechargeable battery charger for your phone to keep it functional for uploading pictures in real time.
5. Take a deck of cards. It's always cool to learn new card games from fellow travellers.

DOUG WALLACE/METRO

Deal

Cruises up to 73 per cent off

Windstar is offering up to 73 per cent off select cruises to the Caribbean, Tahiti and Asia until Dec.

12. Set sail on one of the signature white yachts of Windstar, most carrying fewer than 300 passengers. Smaller ships equal more specialized service. This is your chance to see Singapore, Panama, St. Lucia, Dubai, Vietnam and more at a fraction of the price. Fares from about \$1,450. Call 866-814-5860.

DOUG WALLACE/METRO



Trend

Hotel coffee culture

International hotel chain Le Méridien is amplifying its already burgeoning coffee-house atmosphere by hiring Dutch latte artist Esther Maasadam to be a global coffee ambassador. Starting with hotels in New Orleans, Vienna, Hong Kong and London, to name a few, Maasadam will create coffee art and help local Méridien baristas further hone their skills in the chain's busy Le Méridien Hubs.

DOUG WALLACE/METRO



Martinique, c'est magnifique!

French district. The safest Caribbean island is rich in history and natural beauty

KATHY
BUCKWORTH
life@metronews.ca

"Martinique is not for tourists; it is for travellers," says our guide as we make our way through the winding, hilly roads of this French Caribbean island.

Martinique is to France as Hawaii is to the U.S. This island "outpost" is a district of France, and its approximately 400,000 inhabitants live under French law. Proud to have been anointed the safest Caribbean island in recent years, the island has a distinctive French flair which is uniquely blended with the island culture.

Peak travel times from Canada are December to March. Flights are direct from Montreal (Air Canada), or through Miami (American Airlines). The island is also busy during July and August, when the French take summer holidays. French is the official language of Martinique, with Creole as the unofficial, more casual language.

Most cruise lines visit Martinique, with Disney the latest to announce their Wonder ship will begin stopping there early 2016.

Entering Martinique is a breeze compared to many Caribbean islands. Passport control is quick and easy and there is only one luggage belt. Upon leaving the airport, you can either rent a car, or take a "Collective Taxi." Many people rent as cars drive on the North American side, but due to



Fort Saint Louis is a working military fort located in Fort-de-France and only opened to the public this year. ISTOCK

the extremely hilly roads, it is recommended that you hire an automatic transmission car.

There is surprisingly only one resort chain in Martinique: Club Med, which established its first club here in 1969. Throughout the island there are locally owned, smaller hotels and boutique resorts, all of which have their own particular charm.

An additional option in Martinique is the over 500 units available for rental through Airbnb (airbnb.com). There are many vacation home options available on the island.

There are fantastic natural

and historic sites for families to visit, including Emerald Estates — a natural regional park opened just five years ago. Its goal is to preserve and promote the natural and cultural history and conservation of the island.

Fort Saint Louis is a working military fort located in Fort-de-France. Opened to the public for the first time in July, guided tours take visitors through the working fort, which was built originally in the 1600s, but expanded in the 1800s.

A special feature of the fort is the hundreds of iguanas, who got their start on the island thanks to a zoo built in the fort in the 1950s.

The zoo was dismantled, but 30 of the iguanas escaped and have continued to multiply.

No trip to Martinique is complete without trying the local specialties.

A spice mixture called Colombo is a blend of seven different spices and has the taste of a rich, milder curry. It is used predominantly on chicken, but you can also find it on shellfish and other dishes. Bite-sized fried cod fritters are a typical appetizer before a meal, and octopus is served frequently, either grilled or deep fried. Cod originally came to Martinique from Canada in return for sugar cane as part of a trade

route. Thanks to the French influence, desserts are chocolate, whipped cream pastries and other confections.

There are 11 rum distilleries on the island, and of particular note is the Clement, where guests can stroll through displays, home-steads and working machinery, as well as inhale the scent of thousands of barrels aging rum, soaking in a big part of Martinique's history. Martinique, c'est magnifique.

For more information...

• Visit. martinique.org

Five things to do when you're in San Juan

Puerto Rico. With a colonial flavour, warm temps and tasty food, what's not to love about this old city?

LAKSHMI
GANDHI
life@metronews.ca

With its cobblestone streets, ocean views and colourful buildings, the historic section of Puerto Rico's capital is among the most picturesque urban areas in the territorial U.S.

Explore a fortress

Built in the 1700s to protect the city from invaders, Castillo de San Cristobal — sister fort to the more famous El Morro — is the largest Spanish fort in the Americas.

The National Park Service took it over from the army in the 1960s, and visitors can now explore the watchtowers.

Looking for a good selfie



Old San Juan boasts stunning views and colonial architecture. ISTOCK

opportunity? Johnny Depp filmed a memorable scene in *Pirates of the Caribbean: On Stranger Tides* at San Cristobal's entrance.

Stroll off the beaten path

Located along the northern city wall of Old San Juan, La Perla is a historically un-

safe area now undergoing a facelift and worth a visit — although you may feel more comfortable going with a tour guide. The neighbourhood was initially created as a community for servants and former slaves, to keep them away from the city's centre. But today, La Perla,

which has stunning ocean views, is becoming known for its music and arts scene, with concerts held regularly.

Most tourists head to La Perla's Santa Maria Magdalena de Pazzis Cemetery, the final resting place of many of the island's most historic figures.

Eat like a local

Put finding a tasty mofongo high on your must-eat list. The fried plantain dish is usually served with meat or fish. Order it at Café Puerto Rico (208 Calle O'Donnell).

Head into the Condado section of San Juan for something a little less traditional at Budatai, where you'll find a fusion of Puerto Rican and Asian flavours from Iron Chef contestant Roberto Trevino.

New hotel option

Bringing the whole family for a warm weather vacay? Hyatt House, Puerto Rico's first extended-stay hotel, just opened in San Juan. The hotel features roomy suites with full kitchens and living rooms.

Mind the furrier citizens

It's impossible to walk through Old San Juan without seeing the stray cats that call the neighbourhood home. Said to be the descendants of the felines that strolled Columbus' ships, the cats are synonymous with this section of the city.

Bucket list

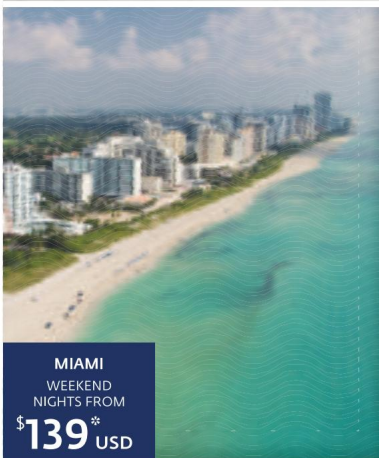


Philadelphia, birthplace of America

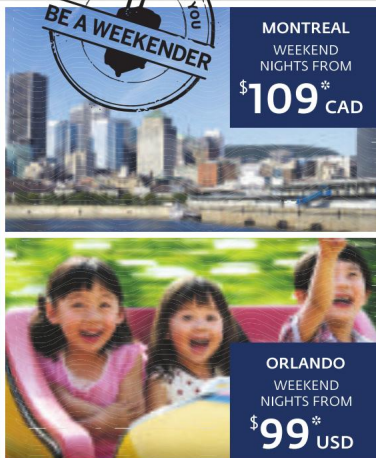
Fans of Philadelphia's cheese steak sandwich will be happy to hear the city is enjoying a bit of a moment. On top of 300-year-old architecture and a rich history, Philly promises all the food and fun of New York with way better prices (and there's no sales tax on clothing). It's only 25 blocks from river to river, so it's an easy place to get around. The Italian Market is a real hub, the oldest open-air market of its kind in the U.S. The Philadelphia Museum of Art (pictured) houses more than 200,000 works spanning 2,000 years. Visit VisitPhilly.com. **TEXT:** DOUG WALLACE, **PHOTO:** B. KRIST/ VISIT PHILADELPHIA

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A launching point for adventure

Visit Montego Bay.
Jamaica's centre for music, culture and food

VAWN HIMMELSBACH
For Metro

While Montego Bay is Jamaica's resort capital, there is more to do here than lie on the beach with a rum punch working on your tan (although that's not such a bad option).

As a centre for music, culture and food — and a launching point for adrenaline-pumping adventure — there is something that will appeal to everyone from families to honeymooners.

"We are on target this year to welcome the most visitors from Canada we've ever had," said Philip Rose, regional director for Canada with the Jamaica Tourist Board.

While he attributes this to the island's diversity of offerings, he said air-



Montego Bay has a 15-mile stretch of coastline, offering lively urban beaches and secluded white-sand strands. JAMAICA TOURISM BOARD

lines and tour operators have also increased their service to Montego Bay.

To accommodate these visitors, more than 1,400 new or refurbished hotel rooms are being added this year, from five-star resorts to

boutique, eco-friendly and budget-friendly options — many built on 19th-century sugar plantations.

One would be remiss, of course, not to visit the beach — Montego Bay has stunning beaches, backed by picturesque mountains. And a walk along Hip Strip offers beach culture with a variety of restaurants, shops and nightlife. To party



Adventure sports are easily accessible from Montego Bay, such as swimming in waterfalls or spelunking in caves. JAMAICA TOURISM BOARD

with the locals until sunrise, head to Pier One, which is a "party beyond words," Rose said.

Foodies might fly here just to sample the jerk chicken, pork and seafood — a seasoning combination of pimento and scotch bonnet pepper. For hard-core jerk fans, the Jamaica Jerk Trail is a self-guided culinary tour that includes 22 stops at the island's

top jerk joints and pork pits.

"You have to go to Scotchies," Rose said. "It's a hole-in-the-wall restaurant that has fantastic jerk chicken and pork."

Or head to dinner on a deck under the stars at The Houseboat Grill, moored at the Montego Bay Marine Park Fish Sanctuary.

While Kingston is home to the Bob Marley Museum,

Bottoms up

- A visit to Jamaica would not be complete without sampling one of its finest exports: Rum. Visit the Appleton Estate, Jamaica's oldest sugar factory and rum distillery, where some of the best Caribbean rum is made — with its distinctive orange and cocoa notes — and meet Joy Spence, the industry's first female master blender.

visitors can hear reggae all over the island. Reggae Sumfest is the largest music festival in Jamaica, which takes place mid-July in Montego Bay.

Visitors can also tick a few items off their bucket list, such as swimming with dolphins at Dolphin Cove, where they can also take in live reggae music, glass-bottomed boat tours, and shark and stingray excursions.



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Take some time to assess your tardiness

Career. If you are constantly playing catch up with the professional clock, you may want to sort out your schedule

LAUREN
MARINIGH
TalentEgg.ca

Your morning alarm goes off — and before you know it, you've pressed snooze 12 times and you now have five minutes to get ready and get yourself to work.

You may have heard that there are three types of people: the ones who are always 10 minutes early, the ones who are always late, and the ones that show up just in the nick of time.

The truth is, anyone can easily be the type of person who is early or on time. It just takes a change in the factors that are always making you late to begin with.

Here are some tips that can help you be a more prompt person.



Wouldn't it be nice to stroll to work for once, rather than speed? ISTOCK

Use technology

For chronically late people, setting alarms and/or reminders for everything in your phone and computer can make a big difference.

Even if you don't have trouble remembering en-

gagements, being forced to set an alarm creates a good opportunity for you to reflect on the amount of time you'll need to prepare and travel to your commitment.

Commit yourself to doing this for everything, and

soon it will become second nature.

Tip: This may seem a little drastic, but you can try a time-honoured solution and put your watch forward. If you're always 15 minutes late, set them 15 minutes ahead. This way when you glance at a clock, you'll mentally think you have to be somewhere now.

Manage your commitments

Frequent lateness can also be a product of an over-stuffed schedule. Recognize that you aren't a superhero and can't do everything. When scheduling appointments, meetings and activities with friends, add extra time to each activity. Monitor how your estimates align with what actually happens.

You may find that you routinely underestimate particular activities more than others — noting these habits will help you compensate in the future.

Tip: Having trouble getting started? Begin by limiting

Change your mindset

The mindset of chronically late people is usually: "I'm always late."

- That statement can lead to a complacent attitude. Start thinking about the rewards of being early. With less energy and time spent in a hurry (or apologizing), you'll likely find yourself less stressed. In turn, you'll be more collected and able to focus better, which means your productivity will increase.
- If it helps, think of promptness as a new skill you're working to develop. This will help you reframe ordinary activities as accomplishments, making the entire process more rewarding.

the number of activities you take on in a given day, which may make it easier to pinpoint where you're going wrong.

Schedule for delays or plan to be early

If you live within a city, traffic can be a big problem. If you live in a less urban area, getting stranded by car trouble is always a possibility. Make sure to allocate this into your scheduling. Leave additional time in

case there are delays with traffic or public transportation.

You might find that your planning and time management skills are just fine — it's just transportation messing up your schedule.

Tip: Check social media or traffic and transit websites when you first wake up in the morning. If there's a delay, you can plan accordingly — and let people know in advance.



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Enjoy spoonfuls of Tuscan inspiration

Hearty Tuscan Soup.

You can make this simple dish on the stovetop or in your slow cooker



DINNER EXPRESS
Emily Richards
food@metronews.ca

As December hits, we often get lost in the bustle of holiday prep. But don't forget to feed yourself and your family in between trips to the mall.

Prepare ahead and do some grocery shopping so you have staples on hand to create hearty delicious dinners that you'll be able to make throughout the week.

Planning can be the hardest part, so sit down on the weekend and pick a few recipes that fit your budget and taste and make a gro-

cery list.

Then shop and stock your pantry and refrigerator for the week ahead.

There will be no excuse for not having dinner when you can put it together with what's already in the house.

Post the recipe of the day on your fridge so whomever gets home first can start chopping and getting things ready.

Preparation can also be the most difficult part of eating well and this time of year you want to continue doing that.

This soup is a great fit for using pantry staples.

As a bonus you can cook it in the slow cooker!

If you're making it in the slow cooker, combine all the ingredients in the slow cooker and cook on Low for six to eight hours or on High for three to four hours.

For a frozen vegetable option you can omit the frozen spinach and add two cups (500 ml) of your favourite frozen mixed vegetables.

Ingredients

- 1 tbsp (15 ml) extra virgin olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 2 tsp (10 ml) dried oregano leaves
- 1 tsp (5 ml) dried basil leaves
- 1/2 tsp (2 ml) hot pepper flakes
- 1/2 cup (125 ml) brown rice
- 1 can (28 oz/796 ml) stewed tomatoes
- 3 cups (750 ml) sodium reduced chicken or vegetable broth
- 1 can (19 oz/540 ml) mixed beans, drained and rinsed
- 1 pkg (10 oz/300 g) frozen chopped spinach



COOK TIME
ABOUT 40 MINUTES

This recipe makes eight servings. EMILY RICHARDS

1. In a soup pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano,

basil and hot pepper flakes for about 5 minutes or until softened. Stir in rice to coat.

2. Add the tomatoes, chicken or vegetable broth, mixed beans and spinach; bring to

boil. Cover and simmer for about 35 minutes or until rice is tender.

Curry and coconut milk comfort



This recipe serves eight. EMILY RICHARDS

Looking for something with a little twist for dinner tonight?

Why not try a little curry and coconut milk. These two ingredients can become staples in your kitchen and help to create flavourful and unique dishes that your family will love.

Check out this Curried Chicken soup that takes no time at all to make and is a surefire warmer upper for a cold winter's night.

This soup has a creamy texture from the rice and a delicate coconut and ginger flavour.

1. In a soup pot, heat oil over medium heat and cook onions, carrots and garlic for 5 minutes or until softened. Add curry and ginger and cook stirring for 1 minute or until well coated. Add rice and stir to coat.

2. Add stock, water and coconut milk and bring to a boil.

Add chickpeas and coriander, reduce heat and simmer for about 10 minutes or until rice is tender.

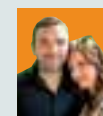
EMILY RICHARDS

Ingredients

- 2 tsp (10 ml) vegetable oil
- 2 onions, chopped
- 2 carrots, chopped
- 3 cloves garlic, minced
- 1 tbsp (15 ml) curry powder or paste
- 1 tbsp (15 ml) minced fresh ginger
- 3/4 cup (175 ml) basmati rice
- 4 cups (1 L) sodium reduced chicken stock
- 1 cup (250 ml) water
- 1 cup (250 ml) light coconut milk
- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1/3 cup (75 ml) chopped fresh coriander or mint leaves

Food around the world

Thailand (vegan rating: 8/10)



MEAT AND VEG
meatandvegontheroad.
tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.



Veg: On the island of Koh Phangan we found a peaceful beach sanctuary called Thong

Nai Pan Yai and Veg discovered a nearby vegan restaurant. Veg ordered Karmady, which was a colourful mix of marinated wakame, green onions, red peppers, cucumber, sunflower sprout, sunflower seeds, mixed herbs and sesame oil sauce.



Meat: This week's column should be called Veg & Veg because curiosity got the better of me and I ordered a vegan meal along with Veg. A delicious concoction called Yama has a spicy peanut sauce base and carried marinated tofu cubes, kale, spinach, green onions, marinated wakame, soy sauce and sunflower seeds.

Mr. Hockey

Howe suffers third stroke in as many months

Hockey Hall of Famer Gordie Howe has suffered his third stroke since late October and was hospitalized early this week, his daughter said Tuesday.

Cathy Purnell said her father suffered a "significant stroke" on Monday. Howe was stable and "a little bit alert" Tuesday morning, and doctors at a Lubbock hospital where he was taken were scheduled to do additional tests, she said.

"He's a fighter," Purnell said. "The man is tough. He has this will to keep going, all things considered."

Howe suffered what his children called a serious stroke in late October and another in early November.

THE ASSOCIATED PRESS

Appeal

Peterson silent at hearing: Source

Adrian Peterson did not testify at his appeal hearing Tuesday, according to a person familiar with the case.

Peterson gave a statement, said the person, who spoke to The Associated Press on condition of anonymity.

Peterson left without comment after spending more than three hours at the hearing. His attorney, Jeffrey Kessler, said only that the hearing will continue Thursday.

Peterson is seeking reinstatement after NFL commissioner Roger Goodell suspended him for the rest of the season.

THE ASSOCIATED PRESS

Maurice squeezing sticks too tightly



THE HOCKEY NEWS
Ronnie Shuker
vancouver@metronews.ca

Don't expect the Winnipeg Jets to find their offence at any point this season. Players have down years, but they don't all do it at the same time. If it were only one or two (or even just a few) players, the team as a whole wouldn't suffer a serious offensive power outage. When almost all of your offensive players are struggling, however, the problem is much larger.

This is, quite literally, a systemic issue for Winnipeg. And that falls on the coach.

Nearly every one of the Jets' offensive leaders are down in points per game from last season: Andrew Ladd (-0.05), Blake Wheeler (-0.20), Bryan Little (-0.18), Michael Frolik (-0.12), Mark Scheifele (-0.14), Dustin Byfuglien (-0.36), Evander Kane (-0.12), Jacob Trouba (-0.17), Matthew Perreault (-0.37). The only one that isn't is Toby Enstrom (+0.04).

The thing about playing good defence is that it's supposed to create offence, not suffocate it. Yet, in trying to protect his goaltending with a defence-first/offence-never philosophy, Paul Maurice is doing just that — killing every bit of creativity from his top guns and hurting his team's playoff chances in the process.

Of the 16 teams in a playoff position heading into Tuesday's games, Winnipeg had by far the lowest goals per game average (2.00) on offence.

The next closest was Boston,



Jets head coach Paul Maurice draws up a play during a game against the Avalanche at the MTS Centre on Oct. 26. The Jets are averaging just two goals per game on offence this season. TREVOR HAGAN/THE CANADIAN PRESS

nearly half a goal higher (2.44).

Since 1997-98, the lowest GPG average for a playoff team was put up by Los Angeles (2.29) in 2011-12. If anyone thinks the Jets are the 2012 Stanley Cup champion Kings ... (sorry, I couldn't finish the sentence without laughing).

Simply put, Winnipeg's current offensive output isn't sufficient for a playoff spot. No matter how Maurice slices it, he can't get the Jets into the post-season at anywhere close to their present pace.

Defence is important, perhaps even paramount, but

Saving the day

Even-strength save percentage (minimum eight games played):

- Michael Hutchinson .954 (1st)
- Ondrej Pavelec .926 (T-18th)

a team can't sacrifice offence to the hockey gods and hope that playoff prayers will be answered.

This team can score. The

Jets did it last season (2.67) with essentially the same players, and there's little doubt they could do it again if Maurice loosens the reins.

The team's lack of offence is a systems issue, not a personnel problem. If Pavelec is as improved as management believes he is, and if Hutchinson is the real deal he looks to be, then Maurice has to put his horses out to pasture and hope Pavelec and Hutchinson can guard the barn doors for the Jets to make the playoffs. Right now, he's just beating his horses to death.

Soccer players pressure FIFA for talks



Nadine Angerer, left, Marta and Abby Wambach are among the players challenging the use of artificial turf at next year's Women's World Cup. FABRICE COFFRINI/AFP/GETTY IMAGES

Players challenging the use of artificial turf at next year's Women's World Cup in Canada are pushing to speak to FIFA secretary-general Jerome Valcke at the tournament draw in Ottawa later this week.

And they want to discuss goal-line technology and prize money at the showcase soccer tournament as well as the playing surface.

The lawyer for the players says if they do not get to speak to the FIFA executive, the entire Australian team will join the rebel faction whose legal

challenge over artificial turf is currently before the Human Rights Tribunal of Ontario.

The players have jumped on Valcke's commitment to keeping lines of communication open.

"We will again welcome open dialogue at the official draw on Dec. 6 in Ottawa," Valcke said in an Oct. 29 article on fifa.com.

"I personally, will attend (the draw) alongside our pitch expert and medical teams, and I am sure that in this way we will be able to address all con-

cerns and doubts so that all of the participating teams can focus on their preparation for the biggest event in women's football."

A FIFA spokesman subsequently reiterated that Valcke, who will also attend a news conference Friday in Ottawa ahead of Saturday's draw, is willing to talk.

Some of the players who are part of the legal challenge cannot attend the draw, their lawyer said. They have proposed a conference call Thursday or Sunday. THE CANADIAN PRESS

2014-15 Mazda CX-5

- **Type.** Four-door, front- or all-wheel-drive compact SUV
- **Engines.** 2.0-litre four-cylinder (155 hp); 2.5-litre four-cylinder (184)
- **Transmissions.** Six-speed automatic (six-speed manual available with 2.0-litre)
- **Price.** \$22,995 base, \$28,795 as-tested

Market position

The CX-5 replaced Mazda's CX-7, a slightly larger and much heavier model that offered a thirstier turbocharged engine. The more fuel-efficient CX-5 is far better positioned in a crowded segment where mileage is an important consideration for buyers.

Points

- Mazda has added SkyActiv fuel-saving technologies on its vehicles as they are updated, but the CX-5 is the first model to get all of them.
- An auto-brake system that applies the brakes if the SUV is about to hit another vehicle can be optioned on the GT.
- The GS and GT rear seat folds 40/20/40, so you can carry long items and still have room for two passengers.



Rear seats are spacious and fold 40/20/40 on higher-trim models.

Interesting features

Available bi-xenon headlamps, rain-sensing wipers, navigation, Bluetooth with text message function, blind-spot monitoring system, and a crash-avoidance auto-braking system.

Add pepper for extra sizzle

PHOTOS: JIL MCINTOSH



Review. Peppy 2.5-litre engine makes Mazda CX-5 much more fun to drive than with base 2.0-litre powerplant

JIL
MCINTOSH
drive@metronews.ca

Fuel economy is an essential consideration in a vehicle, but it has to be balanced with performance. Mazda discovered that the hard way when it introduced its CX-5 with a 2.0-litre engine that sipped fuel but could be sluggish, especially in heavy traffic.

That engine is still available, but Mazda has now added a peppier 2.5-litre four-cylinder that is still efficient (I averaged 9.9 L/100 km in cold weather), but makes it far nicer to drive.

For 2015 models, the base GX still uses the 2.0-litre, in front- or all-wheel drive, starting at \$22,995. The mid-range GS uses the 2.5-litre and comes in FWD or AWD. My AWD GS tester rings in at \$30,895.

You can also get the GT, which comes in AWD only, starts at \$33,495, and adds such features as leather upholstery and dual-zone climate control.

The bigger engine makes 184 horsepower, which is almost 30 more than the



The controls are easy to use, but the start button is hidden behind the wiper stalk.

2.0-litre. The CX-5 also has all of Mazda's SkyActiv technology, which includes direct gas injection, lightweight construction and optimized transmission performance for better fuel economy.

Mazda is known for its

sporty handling, and the CX-5 delivers, with quick response and pleasantly light steering. There's none of the tiring over-eagerness some sportier models can exhibit.

The interior offers comfortable seats, with three-stage

Compare



1 Volkswagen Tiguan
Base price: \$24,990
A turbocharged 200-hp engine, elegant cabin, and smooth handling make this a great machine.



2 Nissan Juke
Base price: \$19,998
It's not pretty, but it's a great driver, thanks to an available and very sophisticated AWD system.



3 Mitsubishi RVR
Base price: \$19,998
Compact and efficient, the RVR boasts many features and an impressive warranty.

heating and power driver's adjustment, and the rear chairs are roomy and fold flat for extra cargo space.

I like the heater's simple dial controls, and the stereo is easy to use. But the engine start button is wedged in behind the wiper stalk where it's tough to reach, and only the driver's window button is backlit, so at night you have to fumble to find the lock buttons and mirror switch.

Of course, some drivers may prefer the smaller engine, so test-drive it in case it is the one for you. But if it leaves you wanting more, take out the GS or GT models with their larger powerplant. I think you'll be pleasantly surprised.

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Your emotions may fluctuate today but nothing bad will come of it as long as you refuse to attach too much importance to the way you feel.

Taurus

April 21 - May 21

If someone has been taking advantage of your good nature, you must cut them out of your life. They will see you are serious and will come back begging for your forgiveness.

Gemini

May 22 - June 21

Your present location may seem exactly right for you but when Mars changes signs tomorrow new options will present themselves and you will start to think about making a move.

Cancer

June 22 - July 23

You may not feel at home with a certain group of people but what you learn from them will make other areas of your life so much easier to deal with. You are about to gain a new perspective on an old problem.

Leo

July 24 - Aug. 23

Focus your mind on partnerships and you will find there is plenty to be positive about. A relationship is about to enter a more passionate phase.

Virgo

Aug. 24 - Sept. 23

The task you have to set for yourself may seem daunting but it is only your negative attitude that makes it so.

Libra

Sept. 24 - Oct. 23

If you hope for the best today, you will get it. What you need to realize is that you always attract into your life the kind of luck you think you deserve.

Scorpio

Oct. 24 - Nov. 22

Don't deny yourself anything over the next 24 hours. If you crave something let yourself have it. There may be a touch of guilt involved but that will only add to your enjoyment.

Sagittarius

Nov. 23 - Dec. 21

You can find it hard to apply yourself to routine tasks and that will be even more of a problem than usual today and tomorrow. If you feel the need to get out into the world and explore then do so.

Capricorn

Dec. 22 - Jan. 20

Attitude is everything today and if you approach a troublesome situation in a negative frame of mind you will probably find yourself on the losing side.

Aquarius

Jan. 21 - Feb. 19

Mars, planet of energy and ambition, moves into your sign tomorrow, so start thinking about what you would like to change in your life because you will soon get the chance.

Pisces

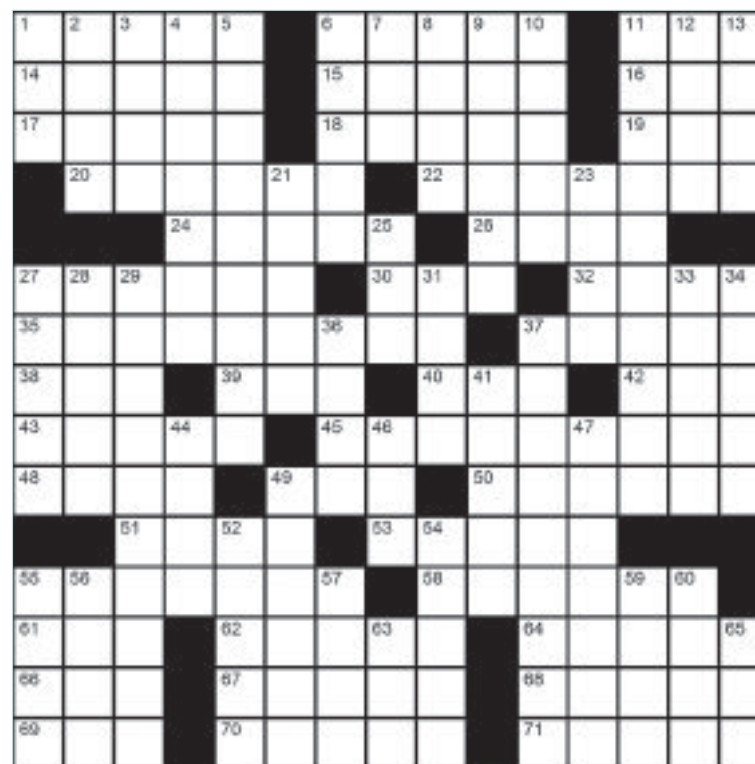
Feb. 20 - March 20

Are your expectations realistic? Think about it because over the next few days your goals are sure to be challenged.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Odyssey's prequel
6. Canadian actress Ms. Reid
11. Winnipeg Jets home, ___ Centre
14. Actress Ms. Gaynor
15. Lend ___ (Listen): 2 wds.
16. Ottawa, e.g.
17. Rockies toppers
18. Resulted in: 2 wds.
19. Quid Quo link
20. Rascal ___ (Country band)
22. #50-Across accessory: 2 wds.
24. "The Rare ___"
26. "___ vidi, vici."
27. ___ de justice (Montreal courthouse)
30. ___ v. Wade
32. Clair
35. It's wheely fun at the gym: 2 wds.
37. Ms. Blair
38. Mr. Linden
39. Mr. Bachman
40. Musical note
42. Li'l lengths
43. Citric, and others
45. Ontario: ___ Island (Attraction on Georgian Bay)
48. "What are ___ do then?"
49. Sheep's sound
50. Mr. Snowman
51. Conceal
53. Little write-up
55. Fighting punch:



2 wds.

58. Cover stories
61. Helios' 'H'
62. Symbols
64. It shines brightly in Cygnus
66. Q. "What goes before 'E' except after 'C'?" A. "___ '___"

67. Musical group of nine
68. Musical grinder
69. Way out
70. Eats at
71. Spiral-horned antelope

Down

1. Pixie

2. Poet's 'willingly'
3. Romance lang.
4. "Harry Potter and the Prisoner of ___" (2004)
5. City zones
6. Made up
7. 'Alp' suffix
8. Brit. word/refer-

ence works

9. "O Canada! / Our home and ___ land!"
10. Have ___ in the movie
11. Winnipeg: ___ Street Station Casino
12. Scarlett's home
13. Detect

21. 'Mechanical Resonance' band
23. Bendable leg region
25. Pros on CTV's "Saving Hope"
27. "Yeah, right!"
28. Rapidly
29. Concert tour for female musicians founded by Sarah McLachlan: 2 wds.
31. Winter Olympics city in 1952
33. "Are too!" comeback: 2 wds.
34. Wicked
36. A, in communications
37. Community in western Manitoba
41. Atrocious
44. DIY = ___ Yourself
46. Sci. workplace
47. Joni Mitchell's "Raised on ___"
49. Lighthouse
52. Nightclub music gig
54. Holds up
55. Toronto hockey player
56. Poem by Matthew Arnold, Empedocles on ___
57. ___ fide
59. Ms. Swenson of "Benson"
60. Heidi Klum's ex
63. NYC part
65. Passed in 1867, it made Canada [acronym]

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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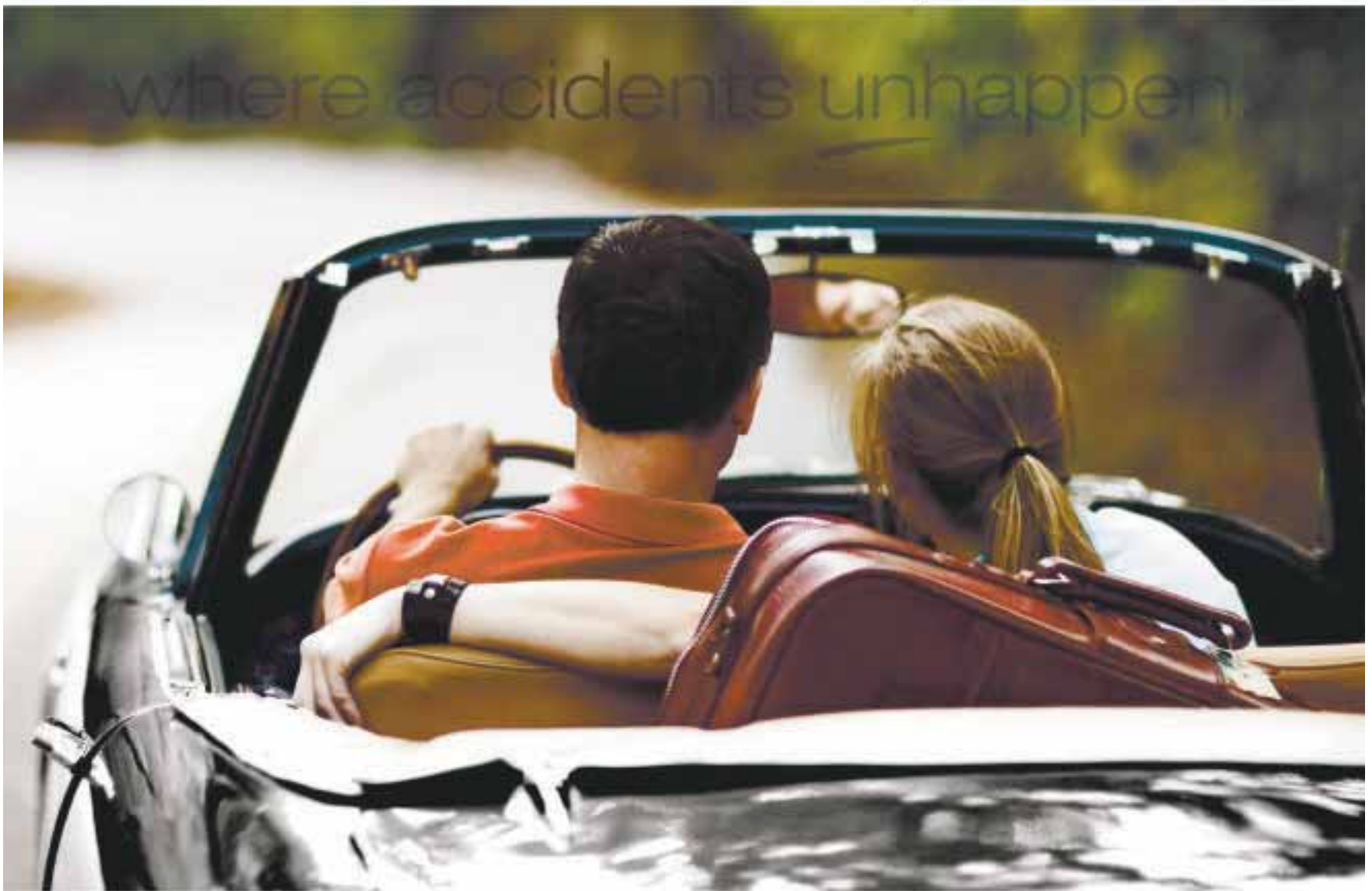
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